

Health & Wellness Facts

Back-to-School Health Tips

Many children are heading back to school this month. Transitioning from summer vacation to school can be tough to navigate. Use these back-to-school health tips to help prepare for a new school year.

1. **Practice getting back into routines.** Easing your child into a regular sleep schedule is important. Not having enough sleep can impede the learning process and make it difficult for your child to fully focus on what's being taught.
2. **Talk about the transition.** Take time to sit down with your child and discuss both what they're excited about, and what they're nervous about. Do more listening than problem-solving so you can fully understand and acknowledge how they're feeling.
3. **Make sure your child has had his or her annual physical and recommended vaccinations.** Over the years, the recommended vaccination schedule has changed due to more disease outbreaks in the U.S. Make sure your child starts the school year healthy and protected from vaccine-preventable diseases with a visit to his or her primary care provider before school starts.
4. **Make sure your child's nutrition needs are met.** This includes eating breakfast every day and making sure your child has a well-balanced lunch. Eating right will help your child focus and learn better during the school day.
5. **Talk to the teacher about any health concerns.** Many school-aged children have health conditions such as asthma that need to be managed throughout the school day. Make sure you talk to your child's teacher and to the school nurse so your child knows what to expect.

The information contained in the Health and Wellness Corner is for information purposes only. Always consult your medical professional.

Resources

Suggested Reading: *Becoming a Welcoming Church* by Thom S. Rainer.

Spiritual Gifts Survey: Do you know what your spiritual gift is? You may visit www.antioch-church.org to discover your spiritual gift.

Crisis Text: Need to talk? PRS CrisisText connect can help, just text the word "CONNECT" to the number 855-11 or call the CrisisLink hotline at (703) 527-4077 to speak with a trained crisis worker.

National Suicide Prevention Lifeline - 1-800-273-TALK (8255).

Bereavements

Deacon Capers Brown
Passing of his sister

Sis. Helen Latten
Passing of her sister

Today's Sermon

Rev. Jeffery Gaines

8:00 a.m.

Rev. Jeffery Gaines

9:30 a.m.

Rev. Michael Coppedge

11:30 a.m.

Topic: _____

Text: _____

Have a question about today's sermon? E-mail your questions to Bible@antioch-church.org.

Worship Center

6531 Little Ox Road
Fairfax Station, VA 22039
(571) 732-4357

Administrative Office & Ministry Center

6525B Little Ox Road
Fairfax Station, VA 22039
(703) 425-0710 (office)
(703) 764-9172 (fax)
www.antioch-church.org

Download Antioch's official Church App!
Available for all Apple & Android devices.
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Wi-Fi Access

Network Name: ABCHOTSPOT
Password: abchotspot

Tweet with the Pastor:

www.twitter.com/mausberry

Antioch Video Release Policy

All Antioch Baptist Church events are subject to recording by still picture as well as video/audio means. By attending Antioch events you consent to the capturing and reproduction of your image and voice and the respectful reproduction of your likeness by Antioch Baptist Church in whatever form of medium the Church deems appropriate. This material is likely to be viewed by the public and under no circumstances will your likeness be used in connection with commercial endorsements of any kind.

On Campus Solicitation Policy

Church members are encouraged to participate in political and governmental affairs, including involvement in the political party of their choice. Church facilities may not be used for political purposes to include: distributing materials that endorse a particular candidate or political party. Additionally, any solicitations, must be submitted, in advance, to the Executive Pastor for approval.

Antioch Baptist Church



Our purpose

Loving God, Loving Others, as we...

*Gather to **Worship**,
Study the **Word**,
Commit to **Work**, and
Reach the **World** for Jesus Christ.*

Holy Communion
2nd Sunday - All Services

Rev. Dr. Marshal L. Ausberry, Sr., Pastor

Trustee of the Week
Bro. Rick Jenkins
(703) 216-3577

August 11, 2019
8:00 a.m., 9:30 a.m., & 11:30 a.m.

Order of Worship

Antioch's worship services are available via live streaming.
Visit www.antioch-church.org and click on the "Live Stream" button.

A Time to Connect
Call to Worship
Congregational Hymn
Welcome
Pastoral Reflections
Worship through Giving
Offertory Prayer/Doxology
Hymn of Preparation
Sermon
Invitation
Communion
*Right Hand of Fellowship
Benediction

*During the 11:30 a.m. worship service only

Announcements

Christian Education Classes

Christian Education (Sunday School classes) will be suspended during the month of August and on September 1. Each Sunday, families are encouraged to participate in intergenerational worship. Christian Education classes will resume their regular schedules on September 8. Please mark your calendar accordingly.

Antioch Women's Ministry Fall Fellowship Kick-Off

Antioch women, join us as we kick-off our Fall Women Fellowships with a Prayer Breakfast on the first Saturday, September 7 from 9:30 a.m. - 12:30 p.m. in the Ministry Center Multipurpose Room, cost is \$15. Register at www.antioch-church.org.

Back to School Lock-in

Youth in grades 7th – 12th, join us for our annual BACK to SCHOOL LOCK-IN, August 16-17. Register at www.antioch-church.org. For more information contact Rev. Alan Harris at (571) 732-4254 or aharris@antioch-church.org.

Antioch Fishing Trip

The Family Life Ministry will sponsor a fishing trip on Tuesday, August 13 out of Chester, Md. For more information and to sign up, contact Bro. Jimmy Jones at (703) 638-5963 or e-mail: jonesj7041@yahoo.com.

Back to Church: Who's Your One!

Invite your Friends, Family, Neighbors, Co-workers to Worship with us!

Grief Share (The Death of a Spouse Seminar)

Antioch's Grief Share Ministry is offering this one-time session on September 8 at 11:30 a.m. in the Ministry Center room 405. There is no cost but register by emailing Rev. Jeffery Gaines at jbgaines04@gmail.com.

Announcements

Today's Preachers

Rev Jeffery Gaines is married to Brenda and they have two children, Jeffrey, Jr. and Candice. They also have two grandchildren. Rev. Gaines serves as a facilitator for the Grief Share Ministry. He has Master's degrees in Practical Theology and in Public Administration.

Rev. Michael Coppedge is married to Margaret and they have one daughter Kimberly Welch, married to Sekenia and one grandson Zion. Rev. Coppedge currently serves as Pastor of Missions and Outreach here at Antioch, and has served on staff for 23 years.

Antioch Baptist Church Employment Opportunity

Antioch has a job vacancy for Full-time Facilities Manager. For more information, please contact Rev. Melvin Jones at mjones@antioch-church.org or 571-732-4257.

All Saints Meetings (Members Only)

The next All Saints meeting will be held on Thursday, September 5 at 7:00 p.m. in the Multipurpose Room. Please mark your calendar accordingly.

Antioch Bible Institute (ABI)

The next semester of ABI begins Monday, September 9 at 6:30 p.m. in rooms 205-A & B at the Ministry Center.

Register at www.antioch-church.org. For more information, contact Sis. LaValle Ulmer at lulmer@antioch-church.org or (703) 966-3222 or Rev. Jim Harden at (703) 978-6114.

Read through the Bible in 2019

Week 30	Week 31
◇ 2 Kings 7-8; 2 Chr 21; Matt 6	◇ Jonah; Matt 11
◇ 2 Kings 9-10; Psalm 49; Matt 7	◇ 2 Kings 13-14; 2 Chr 25; Ps 53; Matt 12
◇ 2 Chr 22-23; 2 Kings 11; Ps 131; Matt 8	◇ Amos 1-3; Matt 13
◇ 2 Chr 24; 2 Kings 12; Psalm 50; Matt 9	◇ Amos 4-6; Psalm 55; Matt 14
◇ Joel; Matt 10	◇ Amos 7-9; Matt 15

Prayer Focus

Please pray for the families of the victims of the recent attacks in Texas and Ohio.

Sunday School

God's Word commands us to grow in our faith and knowledge of Him. When Sunday school resumes on September 8, we encourage you to participate in the following classes:

9:30 a.m. – Children and Adult Sunday school – "The Gospel Project"

9:30 a.m. – Youth "Encounter"

11:30 a.m. – Adult Sunday school – "The Gospel Project"

Recurring Ministries & Bible Studies

Sunday

- ◆ **Awana Bible Club** is on break and will resume on September 8
- ◆ **Baptism Class** meets 4th Sundays at 9:30 a.m. (room 405) *Pre-Registration Required*
- ◆ **Cancer Exchange Ministry** is on break and will resume on September 15
- ◆ **Divorce Care** is on break and will resume in September
- ◆ **Elderly Care Ministry Bible Study - Fair Oaks** meets on the 1st Sundays at 10:00 a.m. (Sunrise Senior Living - Fair Oaks)
- ◆ **Elderly Care Ministry Worship Services - Fair Oaks** meets on the 3rd Sundays at 10:00 a.m. (Sunrise Senior Living - Fair Oaks)
- ◆ **Elderly Care Ministry Worship Service - Burke** meets on the 1st Sundays at 2:30 p.m. (Burke Health & Rehab Center)
- ◆ **Grief Share** is on break and will resume in September
- ◆ **Married Couples Sunday School** meets at 11:30 a.m. (room 401)
- ◆ **New Member Orientation (held on 1st & 2nd Sundays)** meets at 9:30 a.m. (rooms 403 & 405) *Pre-Registration Required*
- ◆ **The Beginning Bible Study** is on break until further notice
- ◆ **Male Mentoring** is on break and will resume September 22

Monday

- ◆ **Antioch Bible Institute** resumes September 9 (Registration is required)

Tuesday

- ◆ **Academic Tutoring** is on break and will resume in September
- ◆ **Modern Maturity Ministry** is on break and will resume in September
- ◆ **Homeless Ministry** serves on the 4th Tuesdays at 4:00 p.m. (Fairfax Presbyterian Church, 10723 Main Street, Fairfax, VA)

Wednesday

- ◆ **Pastor's Bible Study** is on Break and will resume in September 11

Thursday

- ◆ **Sonrise Bible Study** is on break and will resume on September 12

Friday

- ◆ **Friday A.M. Bible Study** is on break and will resume September 13
- ◆ **Friday Fun Night** is on break and will resume September 20
- ◆ **Marriage Ministry** is on break and will resume September 20

Saturday

- ◆ **Dance Ministry Rehearsals - 2nd & 3rd Saturdays** (room 409)
 - *12 noon - 1:30 p.m. Wee Worshipers (ages 6-8)/Joyful Praise (8-10)
 - *10:00 a.m. - 11:45 p.m. New Life I & II (ages 9-18)
- ◆ **Elderly Care Ministry** meets on the 3rd Saturdays at 10:00 a.m. (room 403)
- ◆ **Men's Forum** is on break and will resume on September 28
- ◆ **Military Ministry** is on break and will resume on September 14
- ◆ **Women's Ministry Bible Study & Teen Talk (ages 13-18)** are on break and will resume on September 7

Notice

When entering and exiting the Sanctuary's parking lot please follow the directional arrows that are marked for your safety as well as others.